



The Senior Edition

The Shrewsbury Council on Aging Newsletter

Published Monthly for all
Shrewsbury Residents age 60 and over
August 2005 Volume 5, Issue 8



August 2005 Special Dates:

Spinal Awareness Month

August 10th: COA Board Meeting
August 11th: Shine Social Security Talk
August 18th: Arthritis Education Program
August 19th: Brown Bag Lunch and a Movie
August 26th: Newsletter Mailing
August 31st: Red Cross Drive



The Town of Shrewsbury's Council On Aging mission is to develop and support community activities which enhance the well-being of residents of the town who are age 60 or older.

Have a great Summer!

Thank you to the Friends of the Shrewsbury Senior Center, Inc., for their continued support of the Senior Edition...their fundraisers and your donations pay for the printing and postage of this publication.

PLEASE NOTE: *At Press time, we were waiting for a legislative date from Congressman's McGovern's Office. Please call for more info.*



**Friends of the Shrewsbury
Senior Center, Inc.**

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Shrewsbury Council on Aging (COA)

Shrewsbury Senior Center
98 Maple Avenue
Shrewsbury, MA 01545
(508) 841-8640

August 2005

COA Staff and General Information:

Office Hours: Monday through Friday:

8:00am-4:30pm

Office Phone: 508-841-8640

Office Fax: 508-841-8641

Staff: COA Board Members:

Paul Keegan, Chairman, Helene Tanenholtz, Vice Chairman,
John Concordia, Secretary, Al Crommett, Lillian Goodman
Helen McLaughlin and Tim Swiss

COA Director: Sharon M. Yager

Assistant to COA Director: Vicky Pellegrino

Transportation Coordinator: Cynthia Willis

Van Drivers: Bob Dumas, Mike Jardarian, Gene Dell'olio
George Bergquist, Mike Mazzola, Dick Londergan, Ed Rezuke
and Holly Henry

Volunteer Piano Players: Barbara Anderson, Leo Floyd,
and Agnes Torosian.

Village Café: 508-841-8757

Dining Manager: Sharon Wright

Volunteer Café Staff:

Shirley Golden, Ruth Runvik, Helen Nobiletti, Jeralyn Harrison
Barbara Chevrefils, Carmella Iacono, Roger Faucher,
Elayne Gilbert, T.C. Lee, Susan Pappas,
Betty Viscera, and Denise Bachand

Meals on Wheels Drivers:

Michelle Mancini, Alan Buckley, George Bergquist

Outreach Coordinator: Walter Rice

CARES Coordinator: Dave Grillo

Volunteer Office Staff:

Marion Buonomo, Lillian Clifford, Dorothy Dobson,
Anita and Harvey Grell, Loretta Henry, Carmella Iacono,
June Jardarian, Joan Joubert, Nancy Kowalczyk
Rochelle Lockwood, Ann McDonald, Lucille McHugh,
Katharine Nelson, Susan Pappas, Rena Quealey,
Phyllis Robbio, Ruby Schwartz, and Betty Viscera.

Senior Aide: Layah Ruth Lehmann

Veteran's Agent: Richard Perron, 508-841-8386
(Please call Mr. Perron's number for his office hours)

Your Newsletter Committee Consists Of:

Layah R. Lehmann, **Editor**, Fran Rimkus, **Chairman**,
Bob Oetting, **Advertising Coordinator**, Ron Davis,
Norma Giumentaro, Mary Layden,
Janice McNamara, Maynard Rinker

Letter from the COA Director:

Hope you are enjoying your summer! At the time we went to press, we had just lost two lovely Shrewsbury residents. **Kitty Viscardi** donated our piano in our main lobby in memory of her husband and actively volunteered playing the piano at the Senior Center until she moved to Southgate, where she made many friends. **Lawrence Babbitt** also recently passed away and will be missed. We extend our condolences to their families and loved ones.

We are going into our first month operating without a Volunteer Coordinator. This has been a challenge to our staff and we are working to restructure how to handle our wonderful team of volunteers without a coordinator in place. We hope to share our plan with you next month on how we will manage our present volunteers as well as anyone who would like to begin volunteering. Please see a personal note from outgoing Volunteer Coordinator Elaine Baskin, on page 4.

We are also busy planning our Health Event to take place during the Spirit of Shrewsbury Fall Festival. This year we will not be having a Health Fair, but will be happily hosting the Lions Club SightMobile to do screenings. We will also have other fun activities, and of course, lunch! Stay posted and in the meantime, enjoy your summer!



Sharon M. Yager

Newsletter Policy of the Newsletter Committee:

- Names must appear with any submission
- Submissions may be edited without notification
- No profanity or offensive material
- Articles, jokes, announcements, etc. should be less than 150 words
- Poems should be no more than 18 lines
- Subject to space limitations, submissions should be limited to one every three months. —Thank You!

Happy August Birthdays To:

8/11 David Grillo: Cares Coordinator,
8/16 Lucille Richards: Computer Assistant,
8/20 Joseph DiLello: SHS Greeter,
8/22 Gene Dell'olio: Van Driver and
Delores Lake: SHS Greeter,
8/26 Cynthia Willis: Transportation
Coordinator, and 8/30 Vicky Pellegrino:
Assistant to the Director



Belated Staff Birthdays!

*We apologize for
omitting the following
birthdays!*

**Walter Rice, May 24th
and Rochelle
Lockwood, July 15th.**

Elder & Disability Law Advocates

Attorney Nicholas G. Kaltsas
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(508) 755-6525

August 11th, Social Security Talk

The Social Security Administration, in coordination with the SHINE Program, will be having an Informational Forum at the Senior Center on Thursday, August 11th, at 10:00am. Discussion at this meeting will be centered around the letters that were sent out by Social Security beginning this past May in regard to the new Medicare Part D benefit. While not everyone may have received a letter by the date of the talk, the information being discussed needs to be heard by everyone! Please call the Senior Center to reserve your seat.

August 18th, Taking Control of Arthritis Pain.

The Arthritis Foundation is offering a free program at the Senior Center to help people with arthritis lead better lives. There will be an interactive video presentation and discussion. Learn about medications, the pain cycle, physical activity, alternative therapies and resources. The program will run from 10:00 to 11:30am. To register, call the Senior Center at

August 19th, Lunch/Movie 11:30am

Join us for this month's feature **The Aviator**, sponsored by Westboro Bank. The entertaining epic details the dramatic glory days of legendary billionaire Howard Hughes (Leonardo DiCaprio), in his myriad roles as aviation innovator and visionary, daredevil pilot, Hollywood producer and airline tycoon, while charting his well-publicized relationships with Katherine Hepburn (Cate Blanchett) and Ava Gardner (Kate Beckinsale), and ultimately his appearance before the Senate on charges of defrauding the public through wartime airplane contracts. This film is a career highpoint for both director Martin Scorsese and DiCaprio, who is onscreen almost every minute and gives a highly charismatic performance. The supporting cast is also impressive. Rated PG-13

Come and join your friends for a Brown Bag lunch, or buy a lunch for \$2 from the meal site. Please call the Senior Center by August 17th to sign up for the movie and let us know if you'll also be buying a lunch.

August 31st, Red Cross Blood Drive, 2-8pm

Thanks to all who donated during the June blood drive. Remember, summer is often when the blood banks are low, so please spread the word! There are some limitations on who can donate, but guidelines have changed and are worth exploring if you think you can help save a life. Call the Red Cross donation bank at 1-800-462-4101 with any questions.

Recollections Program

Do you remember your town in the 1950's? Or even earlier? Then maybe you'd consider sitting down and talking with Cathy about the way things used to be.

Cathy Cairns is a writer for the *Community Advocate* newspaper (a free paper). She's penning a column called "Recollections" and looking for folks who would like to tell their stories. Folks who have grown up in or spent a significant amount of their lives in the towns of Northborough, Southborough, Shrewsbury, Westborough, Hudson or Marlborough, and who have five or more decades behind them. (You don't need to have been born in town.) Her goal is to shine a light on the past through the stories of folks who've seen it, done it, and think it's important to share those experiences with others.

Cathy is also looking for suggestions of people from the "long-ago" past, founding fathers and mothers who made a significant contribution to their town, as well as historic homes/public buildings/structures you think might make an interesting story, especially ones that are still standing.

If you have any suggestions, you can contact Cathy via e-mail: Recollections@CatherineCairns.com or call her at 508-393-6123.

Ms Cairns states "I strive for an upbeat tone in my column, and my focus is on the amazing changes that have taken place over the years. Sometimes the stories are amusing, sometimes poignant, and hopefully always entertaining and informative. And I never pursue a topic that makes my interview subject uncomfortable." (like a war or tragic experience).

Outreach News, Reminders**Finance Issues?**

Circuit Breaker Tax Credit and NSTAR Assistance is still available..

Assistance Available for those with Alternative Lifestyles:

If you or someone you care about is a GLBT (gay, lesbian, bi-sexual or transgendered) senior, services are available. It is estimated that between 200-500 such seniors in Shrewsbury and often this group does not know where to turn for help as they age.

Need Help With Food Costs?

Apply for Food Stamps or get information on the Farmer's Market, which should be starting soon.

To learn more about Outreach Services, call Walter Rice, Outreach Coordinator, directly at 508 841-8647. All information is kept strictly confidential.

Leaves, Grass, and Yard Waste It's time to keep cleaning the yard! Please remember that the drop-off at the Municipal Garage will be open every other Saturday from 8:30 to 11:30am. For your leaves, grass and yard waste. Please call the Health Department at 508-841-8512 with any questions.

CARES August Column

By Dave Grillo, CARES Coordinator

(Consumer Awareness and Resources for Elders in Shrewsbury)

Tips, A Correction, A Thought

From time to time, some of us will agree to help out a family member or acquaintance by cosigning a loan. Despite our goodwill, there can be a nagging worry that the loan will not get paid and that we will be surprised by unexpected bills and blemishes on our credit files. How about this: Agree to cosign the loan with the condition that the borrower (the person you are trying to help) pays you and, in turn, you will receive the statements and pay the loan back yourself. In this way, you might better assure that payments are made and on time, your credit is protected, and there are no surprises.

With identity theft as an imminent concern, don't provide more information than you have to. When you write the check to pay your credit card bill, include only the last four numbers of your credit card account number in the "memo" section of your check. If you find that a business includes all 16 numbers of your account on the receipt they give you when you do business with them, ask management to curtail that practice. (You may have noticed that many receipts now only include the last 4 numbers of your account).

When you are exploring the Internet, provide a phony name and home address when you are browsing websites that require personal information to use them. (Then see how much spam you receive that is addressed to your fake persona).

My memory is not reliable. As a result, when I am trying to resolve a problem I am having as a consumer, I write down the details of all contacts I have as I go along. I suggest you keep a record each time you try to resolve a consumer problem that includes the date, time, name(s) of people you spoke with, and as much detail (including their and your exact words) of what was said and promised. Also, write down what your doctor tells you while he/she is telling you if there is anything substantive you must remember. Give your memory a break..

With certain loan payments (mortgages, credit cards, personal loans), there can be severe financial penalties if your payments are not received by due dates. Make a habit of mailing your payments at least a week before such due dates.

Correction: Last month's column alluded to the Clark Howard radio show. It is no longer available in this area. But, you can still go to ClarkHoward.com for a great resource.

A thought: Advertisers and marketers have been very successful at getting us to acquaint happiness with acquiring things and at getting us to compare what we have with what others possess. For peace of mind and a happier life, don't try to keep up with "the Joneses"; let the Joneses win!

Always talk with a family member or trusted friend or call the CARES Program at the Senior Center before sending money to, investing in, or donating to any unfamiliar organization, entity or person who solicits you.

Volunteer Opportunities:

Volunteer Opportunities Inside Senior Center:

Life Journeys: Are you interested in helping special Middle School students (Grades 5 to 8) learn how to be better friends and develop good social skills? Shrewsbury Youth and Family Services is working with the Senior Center on a unique after school program. We are looking for about 12 special folks who would be available late afternoons to do one-on-one and group activities at the Senior Center once a week. Screening will begin right away, with training in October and the program starting in November. We are looking for both men and women who might want to play pool, board games, engage in trust and self esteem exercises and much more. If you are up for a truly interesting volunteer opportunity, please call the Senior Center to learn more.

Grand Readers: Grand Readers Program will be starting up again in the Fall. If you would like to read for 1/2 hour or more once or twice a month to children between the ages of 3 to 5, please call the Senior Center. Orientation will be held prior to the assignments.

Help Still Wanted:

To head up the Senior Center's Bocce League and help with basic court maintenance.

Volunteer Opportunities Outside Senior Center:

The CASA Project (Court Appointed Special Advocates) needs volunteers to serve as the eyes and ears of the Worcester County Courts for abused and/or neglected children. For more information stop by the Senior Center for a flyer or call: [508-757-9877](tel:508-757-9877) or e-mail the organization at www.thecasaproject.org.

If you are interested in any of the above volunteer opportunities or have any other volunteer opportunities to offer, please call the Senior Center.

A Letter from Elaine Baskin

Leaving the Shrewsbury Senior Center is a sad time for me. You have become a part of my life I will miss. Thank you for making my job at the Senior Center just a fun one filled with challenge and friendship.

Elaine Baskin

Volunteer Coordinator

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August Concerts

Special Events at Shrewsbury Crossings

Shrewsbury Crossings is again offering some great entertainment for August. Relax and enjoy a warm summer evening outside listening to music. Below is the list of events for the month of August.

- August 3rd: 2:30pm, *Elvis Show* with Mark Stanzler
- August 8th: 6:30pm, *Concert* with Paul Bonneau
- August 19th: 2:30pm, *Country Music* with Linda Jean
- August 24th: 6:30pm, *Concert Pianist* - Adam Bergeron

Please call ahead (508-845-2100) to make reservations if you plan to attend any of the events. Don't forget to bring a lawn chair. Concerts will be held rain or shine.

Colored Musical Fountains at Dean Park!

Mondays, Wednesdays, Fridays, and Saturdays 12:00-2:00 PM and 4:00-9:45 PM. Music to accompany the fountains can be heard on 91.7 FM on your car or portable radios. The colored lights can be seen from 9:00-9:45 PM.

2005 Summer Concert Series

Below find a list for the August Summer Concerts at *The Willows* at Westborough.

- August 3rd: Point 'n' Swing Big Band
- August 10: The Infracions

All concerts begin at 7:15pm on Wednesdays, rain or shine. Admission is free.

West Boylston Summer Concert Program

Enjoy summer Sunday evenings on the West Boylston common listening to music.

-8/7: *Worcester Men of Song*, Barbershop Singers

-8/14: *Heritage String Band*, Civil War Era - Americana Music

-8/21: *Chuck and Mudd and The Hole in the Dam Band*. And other surprise treats for the children. *A fire engine will be at this concert for the kids to climb over.

-8/28: *Lincoln County Band*, Country Music.

Concerts begin Sundays, 6:00pm-8:00pm. The West Boylston Fire Department and Auxiliary will be selling hot dogs, soda, popcorn, etc. at each concert. If there is a threat of rain, call Pat Barrie at 508-835-4711.

Shrewsbury Public Library News:

Call the Library at 508-842-0081 Ext: 3,
for further Information!

Library Book Group Dates

Science Fiction:

Vespers by Jeff Rovin
August 8, 7pm

Library Outreach Services

A personalized program of library service for individuals who are unable to visit the library in person. Delivery and pick-up are made every 2 weeks. Materials available include books (regular, paperback, and large print), audiobooks, magazines, music CDs and cassettes, videos and DVD's.

To request service, call: 508-841-8535.

New Library Hours

Due to budget reductions for fiscal year 2006, the library hours will be as follows:

Monday	10:00am-9:00pm
Tuesday	10:00am-9:00pm
Wednesday	10:00am-9:00pm
Thursday	9:00am-5:00pm
Friday	9:00am-5:00pm

The library is closed on Saturdays and Sundays during the summer months.

One Day Computer Class

Jeff Black from SELCO will be teaching a class about e-mail fundamentals on August 17th, at 7:00pm, and it will last approximately one and a half hours. This will include Outlook and Outlook Express fundamentals, how to use some free e-mail accounts and how to retrieve your Town ISP e-mail from anywhere in the world via webmail. This class will be taught through Large-screen display and will not be hands-on.

Registration is appreciated and can be done at the front desk of the library or by calling

508-842-0081 Ext. 3

Call Shrewsbury Light and Cable
to sign up for
Shrewsbury's Digital Cable Service

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High Speed Internet Access

Call **508-841-8500**

for more information
about all out levels of cable services!

Busy Hands Knitting Group

Looking for a great gift? Drop by the Senior Center and view our wide variety of hand knitted goods. All items are reasonably priced.

Shrewsbury Senior
Citizen's Club

Mondays

11am

President:

Dorothy Sinkus

Join Us!

Afghan Sale will be held to benefit "Why Me-Sherry's House" (children with cancer and their families www.whyme.org). Donations of afghans (newly made), squares, yarn, or money accepted. Yard sale will be held on Saturday, September 24, (During the Spirit of Shrewsbury Fall Festival) from 10-4:00pm at 11 Wesleyan St., Shrewsbury. Call 508-842-1371 for more information.

"Leading Ladies" is another craft/knit/crochet group who give away all they do - or fund raise for needy reasons. If you have questions or want more information, contact Eileen Creedon at 508-842-1371.

Silver Stars Winner Announced

In celebration of Fallon Senior Plan's 25th anniversary, Fallon Community Health Plan, in partnership with the Worcester *Telegram & Gazette*, will recognize individuals over the age of 65 who have made outstanding contributions to our community. The first to receive this honor is Constance "Sis" Withstandley, 90, of Shrewsbury, for all that she does for her neighbors and the Greater Worcester community.

Her nominator writes: "Sis is one of the finest, most unique women I have ever had the privilege of knowing. Every summer, she and her sister open their beautiful pool to the entire neighborhood to enjoy year after year. It is no exaggeration to say that dozens of children have learned to dive from this petite (at her peak she never reached 5 feet), spry, warm-hearted "silver star."

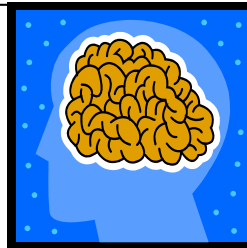
Nominations occur once a month. To nominate someone, please call Customer Service at 1-800-868-5200 to request a nomination form or visit www.fchp.org.

Senior Citizen Picnic, August 13th, 1-4pm

Sheriff Guy Glodis is inviting all senior citizens to the first annual "*Tribute to Senior Citizens*", which will be held at the SAC Park in Shrewsbury, on Saturday, August 13th, from 11:00am to 4:00pm. Attend the picnic, which will feature food, entertainment, and dancing. There will also be cash bingo games, raffles, and door prizes. The event is free to ensure that all seniors throughout Worcester County will be able to attend. While there is limited seating provided at the pavilion, Mr. Glodis suggests that you bring lawn chairs to the event, as there may be a large crowd again this year. For more information call 508-854-1801.

How to "Maintain Your Brain"

Many Americans worried about brain health, but only half keep their brains fit, according to a new survey.



A national survey released in Denver, Colorado, November 15, 2004, showed that Americans aged 55-64 ranked brain and memory health as their second greatest health worry as they aged. Yet only half said they were actually doing something about keeping their brain healthy! In response, the Alzheimer's Association launched Maintain Your Brain workshops across the country and released "how-to" brochures and a helpful list that describes "Ten Ways to Maintain Your Brain".

The Alzheimer's Association's Maintain Your Brain campaign encourages Americans to adopt brain-healthy lifestyle habits - such as being heart smart, adopting a brain-healthy diet, staying physically and mentally active, and remaining socially involved - to contribute to healthier aging and potentially reduce their risk for Alzheimer's. To inform more Americans about what they can do to keep their brains healthy, the Alzheimer's Association Maintain Your Brain workshops have targeted baby boomers and others and encourage them to follow the simple, brain-healthy lifestyle choices that are described in the "Ten Ways to Maintain Your Brain".

In addition, the Association is offering a new brochure with tips, how-to information, and inspiration for getting brain-healthy. To learn more about the local workshops or to obtain a copy of the brochure and the "Ten Ways," call the 24/7 Helpline at 1-800-864-4404 or visit the Association's Web site at www.alzco.org.

Good Food = Good Health: *Serve* Sign-up on-line at www.servenewengland.org or in person at the Shrewsbury SERVE host site at Mount Olivet Lutheran Church office. There are many specials this month! The Church's sign up hours are Mon. through Thurs. from 9am-1pm. Call 508-842-2731 before you go to make sure a church staff person is available. Deadline is August 11th for distribution on August 27th or call 1-800-548-2111. Help is available!

Britton Funeral Homes, Inc

Britton Funeral Home
648 Main St. Shrewsbury
(508) 845-6226
Britton Wallace Funeral Home
91 Central St. Auburn
(508) 832-4420

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Worcester Historical Museum

Take your place in history. Experience the innovation and inventions that have made Worcester the birthplace of the monkey wrench, barbed wire, space suit, smiley face and more. In the permanent exhibit, *In Their Shirtsleeves...*, see firsthand more than two hundred objects made in Worcester during the past three centuries. Meet famous and ordinary people, both past and present, whose lives and accomplishments tell the real story of Worcester.

In the changing displays of the museum's galleries, you can explore various aspects of Worcester's history, documented with examples from the museum's comprehensive collections of artifacts, furniture, art, manuscripts and photographs. Worcester Historical Museum also offers hands-on interpretive programs, musical offerings, lectures, workshops, and tours.

Located on 30 Elm Street, Worcester, it is open Tuesday and Wednesday from 10:00am to 4:00PM, Thursday from 10:00am to 8:30pm and Friday, Saturday from 10:00am to 4:00pm. The museum is closed Sunday and Monday. See contact number below.

Experience Life in the 1830's

One of Worcester's few surviving 18th-century buildings, Salisbury Mansion is one of the best documented historic houses in New England. In 1767, Stephen Salisbury, arrived to open a hardware store. In 1772, he constructed a combination house and store in Lincoln Square, near the courthouse. And in 1819, he renovated the house into a fine residence for his family, reflecting his success and position in the community. Restored to its 1830's appearance, Salisbury Mansion offers changing exhibitions, daily tours and special events.

Salisbury Mansion is located on 40 Highland St., Worcester. To contact both the Worcester Historical Museum and the Salisbury Mansion call: 508-753-8278 or email at www.worcesterhistory.org.

Look What's Playing at the Foothills Theatre!

Foothills offers some wonderful plays for *Children's Theatre* on well-known fables that always have just a strange little twist, making it a fun experience for both children and adults alike. Bring your grandchildren, or just yourself, and enjoy new takes on old themes.

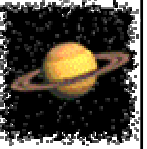
Now playing until August 6th is the story *Rapunzel*. Beginning August 10th to the 27th Foothills will feature *Seussical* (A Cat in the Hat Musical).

The show schedule for the summer is every Wednesday to Saturday at 10:00am. General admission is \$9 for all ages. Groups of 15 or more are \$6. To buy tickets contact the box office at 508-754-4018.



Sunday Astronomy Programs

On the first and second Sundays of each month, the Alden Planetarium features public planetarium programs.



At 1:00pm and 3:00pm, tour the night sky and learn to identify Taurus, Gemini and those other familiar figures of the sky in *Constellations of the Zodiac*.

At 2:00pm, speed from one end of the Milky Way to the other to learn all about *The Nine Planets*. Is Pluto really a planet? You'll find out!

The Planetarium also features astronomy programs for groups. Below you will find two of the group programs being offered at the planetarium. Groups need to make advance reservations.

- **Wonders of the Starry Night.** Students tour the night sky as it appears in all four seasons. They explore our galaxy, the Milky Way, and learn how stars are born. Length: 25 minutes.
- **Are We Alone in the Universe?** Does life-even advanced civilization--exist elsewhere in the universe? Students investigate the night sky for possibilities, examine which planets could support life and attempt to answer the question--are we alone? Length: 40 minutes.

For information on any of the programs, please call: 508-929-2712. General admission into the Ecotarium is \$6.00 for senior citizens. There is an additional fee of \$3.00 for admission into the planetarium.

Summer Days at Tower Hill Botanic Garden

Take long walks through Tower Hill's beautiful outdoor gardens; enjoy the sweeping panorama of Mt. Monadnock in the distance or see an art exhibit on the way to the Orangerie. In the evening you can even take in a concert! These are just a few things that you can enjoy at the Tower Hill Botanic Garden, which has lots to offer to just about anybody. There are four events scheduled for this month:

- **Art in the Garden Exhibit Series.** Features "*The Landscape: Cubism to Naturalism*" with original paintings by Dr. Barry Hanshaw and Sid Soloman. The exhibit begins August 9, (to September 11) with a reception on August 11.
- **5-Star Concert Series** presents "*Sizzlin' Sounds*" with Guy van Duser and Billy Novick, in the Orangerie. Cash bar is at 6:30pm with concert following at 7:30pm. Program begins August 18. Admission for concert is \$24 for adults, and \$20 for members. For more information call: 508-869-6111.

Alzheimer's Family & Caregiver Support

Direct your general questions to local contact
Aimee Rizzo at 508-393-5655, Ext. 256.

Whitney Place at Westborough

Get the support and education you need nearby, as well as a chance to share your feelings, ideas and concerns. **Evening meetings** are held monthly, the first Tuesday of the month from 7-8:30pm at Whitney Place in Westborough. Call Aimee Rizzo at 508-836-4354, ext. 3706 for more information. This month's meeting will be August 2, 2005, September's will be September 6, 2005.

Note: Group meetings are also held **mornings** on the second and fourth Thursday of each month from 10-11:30am

Whittier Rehab Hospital

Whittier's Monthly Educational luncheon and talk was not yet scheduled at press time. To learn more, call (508) 870-2222, ext. 3134.



Fallon Representative Available:

Ms. Sochalski will be available at the following locations during August. Anyone who is interested in signing up or getting information on the Fallon Senior Plan can contact her at the number below. Fallon Senior Plan has three options for 2005, including a \$0 plan premium option. Please come and learn more.

Friendly's, 642 Chandler St., (Worc.) August 2nd, 10:00am.

Millbury Library, 128 Elm St., (Millbury) August 3rd, 10:30am.

Bickford's, 452 Southbridge St., (Auburn) August 9th, 10:00am

Bickfords, 539 Lincoln St., (Worc.) August 11th, 10:00am.

Friendly's, 966 Grafton St., (Worc.) August 16th, 9:30am.

Val's Restaurant, 75 Reservoir St., (Holden) August 16th, 2:30pm.

Christina's Café, 22 South St., (Westboro) August 18th, 10:00am.

The Manor Restaurant, 39 Franklin St., Rt.12, (W. Boylston) August 24th, 2:30pm.

Millbury Library, 128 Elm St., (Millbury) August 24th, 10:30am.

The Greendale Y, Shore Dr., (Worc.) August 25th, 12:00pm

Bickford's, 452 Southbridge St., (Auburn) August 26th, 10:00am.

Christo's Restaurant, 97 Stafford St., (Worc.) August 28th, 2:30pm.

Christo's, 97 Stafford St., (Worc.) August 30th, 2:30pm.

Call 1-888-377-1980 for more information.

KALTSAS KORNER

Taking Advantage of Medicaid Asset Transfers Rules

A persistent question in U.S. social policy is the appropriate mix of personal and public financial responsibility for long-term care. Critics of the Medicaid system maintain that Medicaid has been stretched beyond its original purpose of providing a safety net for the poor, instead evolving into a middle class entitlement and an asset shelter for the rich. They argue that Medicaid pays for the care of most nursing home residents because people with the resources to afford their own care "transfer" their assets to qualify for subsidies intended for the poor.

However, the arguments of these critics are supported only by anecdotal accounts of abuses by the rich. Studies show the claim that asset transfers are widespread or costly to Medicaid is not supported by fact. The fact is that while approximately three-fourths of the nation's spending on long-term care is on nursing home care, these expenditures are generally made up as follows: Medicaid around 46%, Private pay around 28%, Private insurance around 8% and other sources around 18%.

These numbers do not support the conclusion that large numbers of the elderly use asset transfers or trusts to significantly shift cost burdens to Medicaid. Despite limited financial resources, most elderly nursing home residents rely on private resources in part or in full to pay the costs of nursing home care. In fact, empirical data reveals that trusts are established by a relatively small proportion of the elderly, and mostly for purposes other than establishing eligibility for Medicaid. While approximately 4 out of 10 elderly individuals could benefit for utilizing Medicaid asset transfer regulations and establishing an irrevocable trust, fewer than 1 in 10 elderly individuals had such a trust. And most of those trusts do not meet the standard for a Medicaid trust, but are established primarily by the wealthy to reduce tax burdens and avoid probate.

In conclusion, Medicaid Planning is akin to Estate Planning. In Estate Planning, the taxpayer uses transfers authorized by law to reduce one's tax burden. In Medicaid Planning, the recipient uses transfers authorized by law to gain eligibility for benefits. Without proper planning, Medicaid participants often find themselves impoverished, suffering the loss of financial autonomy as a precondition to Medicaid coverage and oftentimes it means the difference between passing assets on to loved ones, rather than needlessly wasting them on healthcare costs.

Attorney Nicholas G. Kaltsas practices law at Elder & Disability Law Advocates in Worcester, Massachusetts. This article gives general information and not specific legal advice on individual matters.

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More Important Shine News

If you send in an application to Social Security and they have questions, someone from their office may call you to verify information. Please note: they will not ask for your Social Security number unless the one written on the application is incorrect. Also, be aware that the Social Security representative will not ask for credit card information, bank account numbers or life insurance policy numbers. If you are suspicious about the call, hang up and call the Social Security Office at 1-800-772-1213.

Two New Books Available at Center

The Massachusetts Extended Care Foundation has recently sent us their new 2005-2006 Long-Term Care & Membership Guide. The guide provides free comprehensive consumer information about the continuum of long-term care services in Massachusetts. In addition, all of the consumer information published in the Guide is also available on-line at www.masslongtermcare.org. For more information call: 1-800-CARE-FOR.

Another recent publication, is the Healthwise Handbook offered by the Fallon Community Health Plan. The book is a self-care guide to keeping you and your family healthy and to making better health decisions.

Both books can be obtained at the front desk, at the Senior Center for anyone who wishes to look through them.

Better Endings: Video, DVD Available

Central Massachusetts Agency on Aging, in conjunction with *Central Massachusetts Partnership to Improve Care at the End of Life, Inc.*, has created a DVD and Video on how to Improve Care at the End of Life. This video/DVD presentation will provide seniors with insight into one of the most highly debated topics of recent time: preparing ourselves and our family to discuss the way we want to live and die at the end of our life.

"Conversations Before the Crisis", which was made at Shrewsbury's own cable studio, brings light to this often frightening yet much needed part of coping with the end of life. The fear and tension of discussing these concerns melt away, as real people (not actors) talk about the experiences they have had with caring for loved ones facing the end of their days. Stop by the Senior Center to learn more and borrow the video or DVD.

Getting "Extra Help" from Medicare's New Prescription Drug Program

By Ellin Clifford, Regional SHINE Director

Effective January 1, 2006, Medicare will offer prescription drug coverage for all people with Medicare. Some people on Medicare will also get extra help under this new program. You may qualify for extra help if:

- Your annual income is below \$14,355 for a single person (or \$19,245 if you are married and living with your spouse), AND

- Your resources (including savings and stocks, but not counting your home or car) are under \$10,000 (for a single person) or under \$20,000 (for a married couple).

The amount of extra help you get depends on your income and resources. Those on Medicare cost-sharing plans or receiving SSI will get the extra help automatically. Others will receive an application for the extra help from the Social Security Administration sometime this summer. Even if you are slightly above the income and resource limits, complete the application and return it to Social Security. It is possible you may still qualify.

For assistance with filling out the applications contact the Social Security Administration, MassHealth or SHINE (Serving Health Information Needs of Elders). Call your Council on Aging to ask for an appointment with a SHINE counselor.

You can also call 1-800 243-4636 (1-800-AGE-INFO) and press "2" when instructed to do so. Once you get the SHINE answering machine, leave your name and number and a volunteer will call you back.

The Social Security Administration and the SHINE Program will be having Informational Forums at area locations throughout the summer. For the most recent list see below

August 2005

Wednesday, August 3
1:00pm, Upton Sr. Ctr.

Thursday, August 11
10:00am, Shrewsbury Sr. Ctr.

Monday, August 8
1:00pm., Spencer Sr. Ctr.

Friday, August 26
9:00am, Pepperell Sr. Ctr.

Wednesday, August 10
10:00am, Mendon Sr. Ctr.

Wednesday, August 31
11:00am, Ayer Sr. Ctr.
1:00pm, Groton Sr. Ctr.

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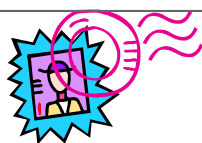
Many menu choices!

Kicking Up their Heels! The "Shrewsbury Steppers" performed the Charleston for the 12th Annual National Senior Health and Fitness Day celebration at the Willows in Westborough on Wednesday, May 25, 2005. The ladies are all participants of Karen MacKenzie's Health and Nutrition class here at the Senior Center.

Fappers from left to right are: Mary Carr, Edith Stiffler, Norma Giumentaro, Evelyn Cummins, and Janice McNamara.

Stamps for Kids

From:
Roger Heinen



To: **Rod Lofstedt**

Thank you! for your generous gift of 3 boxes of stamps, for the Stamps for Kids project.

On display at the Senior Center are a series of photos of all the stamps collected for the Stamps for Kids project. The stamps, on and off paper, have been gathered with the help of the Shrewsbury Senior Center and others during the last four months. The stamps shown were delivered on June 18, 2005, to The Spellman Museum of Stamps and Postal History, for the museum's children's programs.

Pedometers still available.....

Summer is a great time to walk with numerous opportunities to get out of the house, explore and get exercise at the same time. Take a little time to walk and count your steps! You'll feel better! Remember, 10,000 a day is the goal, and you'll be shocked how fast they add up! There are numerous pedometers left at the Senior Center; get yours now while they are still available for just \$8!

Friends of the Shrewsbury Senior Center, Inc., submitted by Diane Lindberg

The Spirit of Shrewsbury weekend will be here before you know it! Get your holiday shopping done early! Be sure to check out the "Busy Hands" table with hand knit goods. You'll find some wonderful, colorful baby sets, sweaters, scarves, blankets and much more.

Also, you don't want to miss the Jail and Bail. This is a big fundraiser for the Friends. It is a great opportunity to have your "friends" get placed into jail...then see who will bail them out! A fun time for all!

The Friends thank you for your support of our events!

Mark your Calendars for September!

Don't be late! You want to be sure to get a seat! An afternoon of laughter and great entertainment! The Friends general meeting...September 20, 2005 at 1pm, will certainly lift your spirits high! The entertainment is "The Dancing Cop"! Tony Lepore has been showcased on so many of our local news shows as well as The Today Show, Good Morning America, The Rosie O'Donnell Show and Dateline. It guarantees to be a performance that you'll be laughing and talking about all night long. Laughter is good food for the soul! Coffee and goodies will be shared after the performance. For a great afternoon of fun and fellowship, bring your friends!

We thank Madeline Gentile, the program chair, for enriching us with this wonderful event to kick off the 2005-2006 year.

The Friends thank you for supporting the monthly events! Enjoy these fine summer days.

Travel Information:

Anna & Bernie Keiser: 508-753-1387

Fabulous Italian Festival: August 2nd.

Mohegan Casino: August 16th.

Frank Fulginiti : 508-845-6509

Foxwood Resort Casino: August 9th.

Foxwood Resort Casino: September 6th.

Call Frank or Anna about other exciting trips they have planned for 2005 and get their trip schedule. Flyers are available at the Senior Center.

Victor R. Quaranta

American Legion Post 397

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The Poet's Corner

Queen-Anne's Lace

Her body is not so white as
anemone petals nor so smooth -- nor
so remote a thing. It is a field
of the wild carrot taking
the field by force; the grass
does not raise above it.
Here is no question of whiteness,
white as can be, with a purple mole
at the center of each flower.
Each flower is a hand's span
of her whiteness. Wherever
his hand has lain there is
a tiny purple blemish. Each part
is a blossom under his touch
to which the fibres of her being
stem one by one, each to its end,
until the whole field is a
white desire, empty, a single stem,
a cluster, flower by flower,
a pious wish to whiteness gone over --
or nothing.

poem by William Carlos Williams (1883-1963)

William Carlos Williams was a poet who had an immense influence on the course of 20th century poetry. He wrote in varying style and technique and was often radically experimental. His work is fresh and clear, rejecting sentimentality and vagueness. It also reflects emotional restraint and heightens the sensory experience with articulated common speech. William's work inspired many poets and many generations to follow. His work is both easy and enjoyable to read.

We welcome birthday, anniversary and other special announcements! Just send them to the *Senior Edition*!

A Belated

Congratulations!

Lucille & Bill McHugh

*Who celebrated their 59th wedding
Anniversary on July 13, 2005.*



The Summer Weed....

Queen Anne's Lace also known as the Wild Carrot, is a member of the carrot and parsley family. It is a biennial that can grow three to four feet tall and in the right conditions can grow to almost five feet. The flower originated in Europe and was given its name for the lacy nature of the flower head. Have you ever noticed the tiny purplish-black floweret in the center of the otherwise white flower? The black floweret is sterile and will not produce seed. It is not known why nature put it there, perhaps to attract pollinators. You will commonly find a pretty sight of fields overgrown with Queen Anne's Lace. In fact this remarkable wildflower grows almost anywhere...in cracks in city pavements, along roads and behind parking lots.

Did you know? from www.woodrow.org/teachers/bi/2000/Ethnobotany
Queen Anne's Lace is said to have been named after the Queen of England, an expert lace maker. When she pricked her finger with a needle, a single drop of blood fell into the lace, thus the dark purple floret in the center of the flower.

Recipe of the Month

Lasagna from Rena Quealey's Kitchen

*Most importantly, you have to make your own sauce. Everyone makes it differently. You may call me at 508-841-8640 on Tuesdays or Thursdays, if you wish to have my recipe.



2lbs. lasagna pasta
2lbs. ricotta cheese
8 eggs
romano cheese (a couple of hand-fuls)

chopped Italian parsley

1 ball of full cream mozzarella (thinly sliced)

Cook pasta al dente. Mix ricotta, eggs, cheese in a large baking pan, (preferably Pyrex/Corning Ware) cover bottom of pan with sauce, lay pasta strips, then mixture, slices of mozzarella, pasta. Repeat second layer exactly like the first. Bake 1 hour at 350°. Note: It's best to make the dish a few days before serving. Re-heat at 350° for 1/2 hour.

A note from Rena: *This recipe is my father's. He was a tremendous cook. As he prepared a dish, I would write it down in a steno pad. I still have the original pad; it's falling apart, but it's most precious to me.*

Editor's note: Rena is one of our office volunteers at the senior center. She has a great attitude with a little mischievous bend and brings sunshine to all who work with her. Thank you Rena, for sharing your special family recipe with us.



August 2005 Calendar

Please Note: No PARKS/REC activities will be held this summer. To find about other adult programs being offered, please call the Parks Department at 508-841-8503, for information on registration dates.



Monday

Tuesday

Wednesday

Thursday

Friday

1 9:30: Piecemakers 11-1:00: SSC Club 11:30: Whist 12:30: Bridge Stuffed Peppers	2 Trip: Walmart Rte. 9 10-12:00: Independent Artists Noon: Painting with Elaine Honey Baked Chicken	3 10:30-11:30: Yoga 12-1:00pm: BP/Weight Screening 12:30: Bridge 1:00: Canasta 1-3:00: Whist 1-2:00: Pilates 2:15-3:15: Chair Pilates Pork Supreme	5 10:00: Writer's Workshop 10:00: Cribbage 1-3:00: Busy Hands 1:00: Mahjong Hot Dog on a Roll
8 9:30: Piecemakers 11-1:00: SSC Club 11:30: Whist 12:30: Bridge French Chicken Stew	9 Trip: Auburn Mall 10-11:00: Spinal Screening 10-12:00: Indep. Artists Noon: Painting with Elaine 1pm: Hearing Screening Meatloaf with Gravy	10 10-noon COA Meeting 10:30-11:30: Yoga 12-1:00pm: BP/Weight Screening 12:30: Bridge 1:00: Canasta 1-3:00: Whist 1-2:00: Pilates 2:15-3:15: Chair Pilates Roast Turkey	11 10:00: Social Security Talk 1:00: Pitch 1:00: Scrabble 2:00: Free Legal Clinic with Nick Kaltsas Salmon Boat
15 9:30: Piecemakers 11-1:00: SSC Club 11:30: Whist 12:30: Bridge Seafood Delight Salad	16 Trip: Solomon Pond Mall 10-12:00: Independent Artists Noon: Painting with Elaine Pork with Peaches	17 10:30-11:30: Yoga 12-1:00pm: BP/Weight Screening 12:30: Bridge/1-3:00: Whist 1:00: Canasta 1-2:00: Pilates 2:15-3:15: Chair Pilates Buttermilk Chicken	18 10-11:30: Arthritis Foundation Education Program 1:00: Scrabble 1:00: Pitch Campfire Chili
22 9:30: Piecemakers 11-1:00: SSC Club 11:30: Whist 12:30: Bridge BBQ Chicken' N Sauce	23 Trip: West Meadow Plaza 10-12:00: Independent Artists Noon: Painting with Elaine Fish Tenders	24 10:30-11:30: Yoga 12-1:00pm: BP/Weight Screening 12:30: Bridge 1:00: Canasta 1-2:00: Pilates 1-3:00: Whist 2:15-3:15: Chair Pilates Savory Beef Stew	25 1:00: Pitch 1:00: Scrabble Roasted Chicken
29 9:30: Piecemakers 11-1:00: SSC Club 11:30: Whist 12:30: Bridge Swedish Meatballs	30 Trip: Greendale Mall 10-12:00: Independent Artists Noon: Painting with Elaine Savory Ham	31 10:30-11:30: Yoga 12-1:00pm: BP/Weight Screening 12:30: Bridge, 1:00: Canasta 1-2:00: Pilates 1-3:00: Whist 2:15-3:15: Chair Pilates 2-8 Blood Drive Brunswick Chicken	26 9:00: Newsletter Mailing 10:00: Writer's Workshop 10:00: Cribbage 1:00: Mahjong 1-3:00: Busy Hands Italian Casserole
PLEASE NOTE: All special monthly activities, meetings and screenings appear in <i>italics</i> on the Calendar. <u>Call the Senior Center at 841-8640 to sign up for screenings, clinics and special events.</u> <i>The entrée at the Village Café is listed each day. Please call the Café Office at 508-841-8757 the business morning before to reserve your seat.</i>			